

CRC PRICES

Type	Member (resident)	Member (non-resident)	Non-member (resident)	Non-member (non-resident)
Membership Processing Fee	\$50-Individual \$75-Family/Couple	\$50-Individual \$75-Family/Couple	-	-
Adult Membership	\$55/mo	\$59/mo	-	-
Family Membership	\$80/mo	\$86/mo	-	-
Senior / Special Hours	\$39/mo	\$43/mo	-	-
Senior Couple / Special Hours	\$66/mo	\$72/mo	-	-
Adult Plus	\$38/mo	\$42/mo	-	-
Teen Fitness	\$25/mo	\$29/mo	-	-
Add-on YMCA Membership	FREE	FREE	Fee	Fee
Core class	FREE	FREE	Day Pass + \$5	Day Pass + \$5
Day Pass	-	-	\$9-Adult \$5-Youth	\$10-Adult \$7-Youth
Kids' Zone	FREE	FREE	\$4/child	\$4/child



BENEFITS OF MEMBERSHIP

- Free group exercise classes
- Free aqua fitness classes at both the CRC and Aquatics Center
- Free lap and recreational swimming at both the CRC and Aquatics Center
- Free access for your children (up to age 21)
- Free use of open gym - volleyball / basketball / badminton / soccer
- Free access to the Skate Park
- Member prices for swim lessons and specialty classes
- Free access to 5 YMCA of Silicon Valley branches
- Use of YMCA facilities around the country while traveling

CORE MEMBER PROGRAMS

Core fitness classes and Fitlinxx are free for members. The following are included with a membership.

- Group exercise classes
- Group cycling classes
- Fitness orientation
- Open gym
- Lap swim, aqua fitness, recreational swim at both the CRC and Aquatics Center

HERE'S HOW YOU CAN GET INVOLVED

- Come to the Senior or Teen Center(s) for free.
- Join the fitness facility as an individual or family member.
- Pay to sign up for a specific class.
- Buy a Day Pass for a single visit.

MEMBERSHIP CATEGORIES

Adult: Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs, except children ages 9-12 do not have access to the Fitness Center M-Th 5:00pm-8:00pm.

Family: Two adults and all children through age of 21 living at the same address. Access all hours, all core programs, except children ages 9-12 do not have access to the Fitness Center M-Th 5:00pm-8:00pm.

Senior/Special Hours: One adult (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Couple Senior / Special Hours: Two adults (21 and older), designed for seniors and those with flexible schedules. Access 10 am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Adult Plus: Additional adult to a family membership, living at the same address. Access all hours, all core programs.

Teen: One teen, ages 13-18. Access all hours, all core programs.

ABOUT THE CENTENNIAL RECREATION CENTER

The Centennial Recreation Center offers a wide variety of fitness and recreational options for the whole family. This 52,000 square foot facility offers a fitness center with strength and cardio equipment, group exercise studio that includes aerobics, yoga, pilates and group cycling, gymnasium with youth and adult open gym and leagues, Kids Zone (childcare while you workout), indoor pool with slide and water features, swim lessons, water aerobics, recreational swim, senior center and senior nutrition program, teen center, locker rooms, and meeting rooms.

ABOUT THE AQUATICS CENTER

The Morgan Hill Aquatics Center is a world class swim center offering both an Olympic size competition pool and a warm water warm up/instructional pool. Lap swimming and aqua fitness classes are offered year round. Additionally, the Aquatics Center offers two giant water slides, sprayground and water playground available for recreational use during the summer months.

THE PARTNERSHIP

On May 3, 2006, the Morgan Hill City Council approved an agreement with the YMCA of Silicon Valley to cooperatively operate the City's new Centennial Recreation Center (CRC). The CRC was built to promote multi-generational interaction and advance the physical well being of our community. As partners, the City of Morgan Hill and the YMCA provide high quality health and fitness, aquatics, youth, teen, family, and senior programs for Morgan Hill residents and the surrounding community to enjoy!

ABOUT THE SKATEBOARD/BMX PARK

The facility is a 15,000 square foot park with street style elements and a bowl/flowcourse. The park is designed for both skateboarding and BMX use. Safety equipment is required and includes a helmet, knee pads and elbow pads

CORE PROGRAMS

AQUATICS

INDOOR LAP SWIM

The Centennial Recreation Center Pool has the ability to accommodate three 20 yard lap lanes. During scheduled Lap Swim Times there will be a minimum of 1 lap lane available except for the below noted times.

Location: Centennial Recreation Center

Monday-Friday 5:00am-9:30pm

(Lap swim WILL NOT be available during these times;
M/W/F 11:40am-12:50pm and M-TH 6:55pm-8:05pm)

Saturday 6:30am-7:30pm

(Lap swim WILL NOT be available from 7:55-9:05am)

Sunday 8:00am-5:30pm

OUTDOOR LAP SWIM

Lap swim is available at the Aquatics Center Competition Pool. Current CRC membership or day pass fees apply for General Public Lap Swim. During Scheduled lap swim times there will be at least 5 lanes open for lap swimming.

Location: Morgan Hill Aquatics Center

Monday-Friday 5:00am-8:00am & 11:30am-1:30pm

Monday, Wednesday & Friday 5:00pm-8:00pm

Saturday 7:00am-10:00am

CO-ED AQUATIC FITNESS CLASSES

Location: Morgan Hill Aquatics Ctr & Centennial Recreation Ctr

All aquatics fitness classes are included as part of the CRC membership. Customers can also elect to pay a drop in fee to participate in classes.

Shallow Tone

This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

Beginner Sculpt

A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or tennis shoes are recommended.

Deep H2O Dynamics

This class is designed for more proficient swimmers and is taught in 7ft. of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance, and motor coordination in a non-impact environment.

Updated schedule online at
www.mhaquaticscenter.com

Child care while you work out.

Free to CRC Members, drop in fee for non-members \$4.

Ages 6wks-12yrs.

Parent/Guardian must remain in building at all times.

M-F 8:00am-8:00pm

SA 8:30am-1:30pm

SU 8:30am-12:00pm

Monthly Activity Calendar online at www.mhcr.com

KIDS' ZONE

GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/He may recommend appropriate modifications. You are encouraged to work out at your own pace.

Updated schedule at www.mhcr.com

FITNESS CENTER

Our Fitness Center offers Cybex strength equipment, cardiovascular equipment which include treadmills, elliptical machines, cross trainers, recumbent bikes and free weights. The CRC provides certified professionally trained staff who are there to assist you and help you reach your fitness goals.

New Member Orientation

One of the premium benefits of joining the CRC as a member is the opportunity to learn how to use our fully equipped Fitness Center to your best advantage. The CRC offers all Facility Members free one-on-one orientations with our trained fitness coaches. Make your appointment today at the Front Desk!

FITLINXX

Fitlinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the Cybex equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

GYMNASIUM

The CRC offers a full court gymnasium. The gymnasium is available for open gym volleyball, basketball and badminton, and Youth and Adult Sports Leagues.

Updated schedule at www.mhcr.com

SKATEBOARD/BMX PARK

The park offers designated Skateboard and BMX days and times. More details on page XX.

Updated schedule at www.mhcr.com





CRC Fitness Expansion 2010...

The Centennial Recreation Center (CRC) is expanding. Due to the overwhelming success of the CRC we have quickly outgrown our space. The CRC Fitness Expansion Project will increase the size of the Fitness Center by nearly 2,000 square feet. This increases the size of the Center by about 67% to a total of approximately 5,000 square feet. Leading up to the Fitness Expansion we asked for your feedback. We heard you and have incorporated what you asked for in to the Fitness Expansion.

How will the Fitness Center Improve?

Got Space? A primary concern for members has been the need for better spacing throughout the Fitness Center. This will be accomplished by providing a designated walkway through the Fitness Center with better access to all areas. More equipment will be added and at the same time overall spacing will also be improved.

Watch us Grow. As we complete the expansion, we will be adding more equipment to the facility. As our members requested, the biggest increase will be in the amount of cardio equipment. Eight new treadmills along with other high use equipment will increase the amount of cardio equipment in the Fitness Center by 50%.

A Flexible Solution. The expanded Fitness Center will have a designated stretching area complete with open floor space and a variety of specialized stretching equipment. The designated area will provide a safe and comfortable place for members to stretch.

Worth the Weight. There will be additions to the free weight area, including: more benches, dumbbells, and weights. There will also be more space allocated to the free weight area.

Strengthening Our Future. Youth specific equipment will be added to the facility so that our youth will have a place to work out safely on equipment designed specifically for them. This will not only be a great thing for our youth members, but will open up more time on the other equipment for all users.

When it will happen?

Construction began in October 2009 and will last through April 2010 with the project concluding and the new space opening in early May.

What to expect during construction?

The goal for the CRC Team during the construction is to minimize the impact to our members in every way possible, while at the same time supporting the quick completion of the project. The addition will be constructed directly north of the Fitness

Center in the landscaped area between the current room and the parking lot. Much of the construction should be able to be completed while the current space is still in use. Some construction will take place inside the Fitness Center, including: office and storage relocations, minor flooring changes, relocation of the entry way, and other smaller changes.

At the start of construction, members will notice the relocation of some existing equipment to prepare for the project. The first relocation will take place in late October or early November just before the project begins. We will transition the hallway area into a new "Cardio Corridor", where some of the cardio equipment will be located during construction. In this area, both fans and televisions will be added to provide a better experience for members. In addition to the hallway equipment, some relocation in the Fitness Center itself will also take place. The goal is to keep all equipment available to members at all times. It is anticipated that in addition to the initial relocation of equipment there will be a second relocation midway through the project. The CRC Team will provide members with notice ahead of time for any major changes.

During construction the building contractor will be utilizing the last 12 spaces in the parking lot, creating a small loss in parking. During this time the area and the parking lot will be well signed and marked. We hope to keep noise and dirt to a minimum inside the facility and will take the necessary precautions to be sure that construction area is well sealed off from the area used by members.

We're Excited!!!

The CRC Team is very excited about the upcoming Fitness Expansion and the ability to provide our members with a new and improved Fitness Center. We are committed to minimizing construction impacts to our members and believe the benefits you will soon experience in our expanded Fitness Center will definitely be "Worth the Weight"! Thank you for your patience and please don't hesitate to contact us with any questions or concerns you may have.

Team CRC

www.mhcrc.com • 408.782.2128